Fun Fact!

More than 36 million heart-shaped boxes of chocolate will be sold for Valentine's Day.

February

Pinellas Middle School Menu

Mon	Tue	Wed	Thu	Fri
3 Chicken Biscuit (1M/1B) Choose One: ***New Entrée**** **Orange Chipotle Chicken w/Rice** Cheeseburger Farmers Salad Choose: Green Beans Tossed Salad or Romaine Salad	4 Breakfast Sausage Bagel (1M/1B) Choose One: Tacos Pizza Crunchers Chef Salad Choose: Fiesta Beans Fresh Veggie Sticks	5 **Scrambled Eggs, Bacon & Biscuit** Choose One: ***New Entrée**** **Potato Turbate w/Roll** Breaded or Spicy Chicken Sandwich Fruit N Yogurt Plate Choose: Broccoli Romaine Salad	6 Banana Bread (2B) **Choose One:** Pizza Calzone w/Marinara . ***New Entrée**** **Mini Chicken Tacos w/Sour Crm** Greek Salad **Choose:** Corn Fresh Veggie Sticks	7 Yogurt (1M), Blueberry Muffin (1B) Choose One: Pizza Popcorn Shrimp w/Hush Puppy Chicken Caesar Salad **Choose:** Sunshine Carrots Mixed Salad or Romaine Salad
10 **Eggo French Toast Minis** (2B) Choose One: ***New Entrées**** **Teriyaki Chicken over Rice w/Roll** **Meat Lovers Stromboli w/Marinara** Farmers Salad Choose: Oriental Vegetables Tossed or Romaine Salad	11 Bacon, Egg & Cheese Pizza (1M/IB) Student Involvement Day 	12 Steak Biscuit (1M/1B) Choose One: Chili Cheese Fries & Corn Muffin ***New Entrée**** **Stuffed Shells w/Garlic Breadstick** Chef Salad Choose: Mixed Vegetables Romaine Salad	13 **Grits w/sausage links** (1M/1B) **Choose One:** Beef Dippers w/Rice & Roll Chicken Bacon Sub Yogurt Parfait **Choose:** Seasoned Black Beans Fresh Veggies Sticks	14 Cinnamon Roll (1B) Choose One: Pizza ***New Entrée**** **Ocean Treasure Nuggets** Chicken Caesar Salad Choose: Sunshine Carrots Mixed Salad or Romaine Salad
17 **Professional Development Day** **No School for Students** 	18 Breakfast Burrito (1M/1B) Choose One: ***New Entrées**** **Bacon Cheeseburger** **Baked Ziti or Ravioli w/Breadstick** Fruit N Yogurt Plate Choose: Seasoned Waffle Fries Fresh Veggie Sticks	19 Chicken Biscuit (1M/1B) **Choose One;** Cheesy Buffalo Crunchers ***New Entrée**** **Sausage & Pepper Sub** Chef Salad **Choose:** Sweet Potato Fries Romaine Salad	20 **Dunkin Stick** (2B) Choose One: ***New Entrées**** **Loaded Potato Skins w/Roll** **Beef and Broccoli w/Rice & Roll** Greek Salad **Choose:** Broccoli Fresh Veggie Sticks	21 Breakfast Flatbread (1M/1B) **Choose One:** Pizza ***New Entrée**** **Catfish Fingers, Hush Puppies & Jalapeno Corn Muffin** Chicken Caesar Salad **Choose:** **Black-Eyed Peas /** Salad
24 Apple Cinnamon Texas Toast Choose One: Popcorn Chicken Bowl w/Biscuit ***Featured Entree**** **Gilardi's Stuffed Crust Pizza** Chef Salad Choose: Sweet Potato Fries Tossed or Romaine Salad	25 Sausage Biscuit (1M/1B) **Choose One:** Chicken & Broccoli Tortellini Alfredo Meatball Sub Yogurt Parfait **Choose:** Steamed Peas Fresh Veggie Sticks	26 Eggo Pancake Minis (2B) **Choose One:** General Tso's Chicken w/Rice & Spring Rolls Philly Cheesesteak Greek Salad **Choose:** Broccoli Romaine Salad	27 Egg, Ham & Cheese Croissant Choose One: Chicken Tender & Mac n Chz Plate ***Featured Entree**** **Aloha Turkey Burger** Farmer's Salad **Choose:** Baked Beans Fresh Veggie Sticks	28 Cinnamon Roll (1B) Choose One: Pizza Cheesy Fish Filet Sandwich Chicken Caesar Salad Choose: Oven Fries Mixed Salad or Romaine Salad

DAILY BREAKFAST CHOICES

Choose up to 2 Grain Choices such as cereal (=1), toast (=1), pancakes (=2), cinnamon Texas toast (=2) ***OR***

Choose a 1 Grain and 1 Meat Choice such as a breakfast sandwich (=1G/1M)

Must choose at least 1: Fruit or Juice

May choose 1: Milk

DAILY LUNCH CHOICES

Choose 1: Entrée

May Choose: 1 Milk

Must choose at least 1: Fruit or Vegetable (may choose as many different fruits & veggies as student would like)

Available Daily: Meatless Entrée, Entrée Salads, Cold Sandwiches
Low Fat White Milk, Fat Free Flavored or Skim Milk, Variety of Fruit & Juice

8 oz water is also available at no extra charge with a full lunch meal

A variety of fruits and juice are available daily! Students may choose as many different fruits & vegetables as they'd like with their meal!

February 2nd is Groundhog Day!

If the groundhog comes out of his burrow and sees his shadow, he will turn around and go back in and there will be 6 more weeks of winter!

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